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WAR FOOD ADMINISTRATION
Office of Distribution
Civilian Food Requirements Branch

Industrial Nutrition Service



Break Your Fast With a Good Breakfast

The way you start a day has a lot to do with the way you finish the day! If you start the day with the kind of breakfast that provides food for energy and endurance, the chances are that you will finish the day having accomplished more work with less fatigue. If you start the day without breakfast, you probably have fasted from 16 to 18 hours.

A good breakfast should supply approximately one-third of the day's requirements of calories, protein, fat, minerals, and vitamins.

Here's a worker's guide for a good breakfast:

Citrus fruit—fresh or canned

Cereal—natural whole grain, enriched or fortified

A protein-rich food: eggs, or a combination of eggs, bacon, ham, or sausage

Toast—enriched or whole wheat bread

Butter or fortified margarine

Milk for cereal

Coffee

Start With Citrus Fruit

Citrus fruit is plentiful. The over-all picture adds up to the largest citrus crop we ever had. It is slightly larger than last year's record crop, and nearly two-thirds larger than the 10-year (1932-41) average. In 1944 the per capita supply likely will be about 5 to 10 percent larger than the quantity consumed per capita in 1943. This means a good supply of oranges and grapefruit.

The chief nutritive value of fruits and their juices is vitamin C. For this reason, it is important to realize that all fruits do not contribute the same amount. Citrus fruits and their juices, fresh or canned, have more vitamin C per unit than other fruits and their juices. One orange or one-half a grapefruit or three ounces of orange juice, fresh or canned, or four ounces of grapefruit juice, fresh or canned, will provide one-half or more of the day's vitamin C needs. If oranges and grapefruit are not available, or a variety is desired, ten ounces of tomato juice will contribute the same amount of vitamin C. Unless you get the citrus fruit habit for breakfast, it is very likely you will not get your daily vitamin C requirement.

Best Ways of Retaining Vitamin C Values

To obtain the full value of the vitamin C from citrus fruit it is necessary to protect the fruit juice from the air. These three tips will help:

- (1) Keep fruit or cans in a cool place or in the refrigerator.
- (2) Shortly before serving, prepare cold and keep covered.
- (3) Opened cans should be covered and kept cold; contents should be used within 24 hours.

Why You Need Vitamin C

Vitamin C, or ascorbic acid, is known as the anti-scurvy vitamin. Although cases of actual scurvy are rare in this country, chronic moderate deficiencies of vitamin C in the daily diet may cause increased susceptibility to infections, slowness in the healing of wounds, and unhealthy gums.

Many Workers are Not Getting Their Vitamin C Needs

Because you cannot hoard vitamin C in your body, it is a day-by-day need. Surveys have shown that a large percentage of workers do not get their daily requirements of vitamin C. In a Nation-wide check up, in which a day's diet records were obtained from samplings of the population in each of the 48 states, 45 percent of the persons questioned had no citrus fruit or tomatoes that day. In Kansas a study of 78 industrial workers showed a vitamin C deficiency in their diet that ranged from 39.7 percent to 84.7 percent. Even in the citrus belt of Southern California, where the diet of 1,170 male aircraft workers was studied, the vitamin C deficiency in the diet ranged from 10.7 to 70.2 percent.

Eggs for Breakfast

Eggs are a no-point protein-rich food that will save meat points. They are a good choice for breakfast these days as they are in plentiful supply - and will be plentiful until the middle of May. About $5\frac{1}{2}$ billion dozens of eggs are available. That means 66 billion eggs. One egg out of every four is allocated for war use, the rest are for civilians. A premature warm wave deceived laying flocks into thinking spring had come— so they started early to meet their obligations of meeting the wartime need for increased production. Now it is our obligation to make full use of the abundant supply of eggs.

Brown or white eggs are good body-building food to include in a good breakfast or to use in meat alternate dishes or desserts for lunch or dinner. In addition to protein, eggs supply minerals such as iron, calcium, and phosphorus and some of the vitamins A, B₁, D, and niacin.

Better Breakfasts for Better Work

The "know how" to choose a good breakfast; the "know why" it is important to start the day with the food for energy and endurance; and the "know where" to get a good breakfast are all important points to remember these days when efficiency in war production is vital to Victory. That is the reason so many industrial cafeterias and restaurants which serve workers are featuring "Better Breakfasts for Better Work." It is a good slogan for the homemaker to adopt, too.

To The Workers in Industrial Food Services

If possible, have in-plant food services provide for breakfast service.

Feature a breakfast special that includes citrus fruit or citrus fruit juices, or tomato juice; cereal, whole grain or enriched or fortified; eggs or a combination of eggs and meat; toast; and coffee.

Make the best use of available foods - this month, EGGS. Here are a few suggestions:

Quantity Recipes Using Eggs

OMELET (100 Servings):

<u>Ingredients</u>	<u>Measure</u>
Eggs	100
Flour	10 ounces ($2\frac{1}{2}$ cups)
Salt	$1\frac{1}{2}$ ounces (3 tablespoonfuls)
Pepper	$\frac{1}{2}$ teaspoonful
Evaporated milk, undiluted	$1\frac{1}{4}$ gallons (12 $14\frac{1}{2}$ ounce cans)
Butter, margarine, or bacon fat	$\frac{3}{4}$ pound

Method:

Separate eggs. Beat yolks until thick and lemon-colored. Beat whites until stiff but not dry. Add flour, salt, and pepper to yolks and mix until smooth, then add milk. Fold yolk mixture lightly but thoroughly into whites. Heat fat bubbling hot in large frying or omelet pans. Pour in egg mixture. Cover and cook slowly over low heat until bottoms of omelets are well browned, about 20 minutes. Uncover and set in a moderate oven (350°F.) to dry tops. With spatula or pancake turner fold omelets and slide them onto hot platters. Serve immediately.

For baked omelet: Pour the above-mentioned mixture into steam table insert; place in a pan of water. Bake in oven until firm at 325°F.

Yield: - 100 servings; portion, approximately 4 ounces.

SCRAMBLED EGGS WITH SAUSAGE (100 Servings):

<u>Ingredients</u>	<u>Measure</u>	<u>Weight</u>
Sausage (or ham or bacon), cooked		4 pounds
Eggs	100	
Evaporated milk (or 2 quarts milk)	1½ quarts	
Water	½ quart	
Salt		1 ounce
Pepper	2 teaspoonfuls	
Fat		8 ounces

Method:

Beat the eggs slightly. Add milk, or evaporated milk and water, and seasonings. Heat fat in frying pan. As soon as the fat bubbles, pour in the egg mixture. Cook slowly, stirring occasionally. When eggs begin to thicken, add cooked chopped meat and continue the cooking until eggs are firm but not hard.

Yield: - 100 servings.

Hints For Cooking Eggs:

1. Over cooking eggs makes them tough.
2. Cook eggs at low temperatures.
3. For soft cooked eggs, keep the water just below the boiling point after eggs have been placed in the boiling water.
4. For fried eggs, try adding one tablespoonful of water to 25 eggs after the eggs have been placed in the skillet of hot fat, and cook covered at low temperature. This method increases the steam in the covered skillet and the eggs cook on top without becoming overcooked on the bottom.

Amount needed to provide $\frac{1}{2}$ daily allowance of Vitamin C

1



Orange

$\frac{1}{2}$



Grapefruit

3 oz.



fresh - canned
Orange Juice

3 oz.



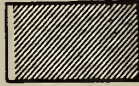
fresh - canned
Grapefruit Juice

4 oz.



Tomato
Juice

10 oz.

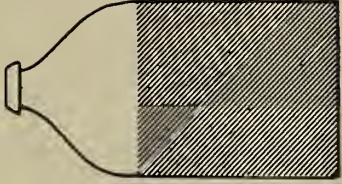


15 oz.



Pineapple
Juice
canned

$1\frac{1}{2}$ Qts.



Apple or Grape
Juice - canned

3 Qts. or more



Peach or Pear
Nectar - canned

